

November

MIDDLE SCHOOL


Lunch Menu



ENTREES

SIDES

Monday | 8

- Traditional Hamburger w/ Mustard
- Turkey Ham & Cheese Sub Sandwich
-  Garden Burger w/ Mustard
- Seasoned Potato Wedges
- Chilled Pineapples Tidbits
- Nonfat or 1% White Milk

Tuesday | 9



- BBQ Chicken Drumstick w/ Dinner Roll
-  Whole Grain Cheese Lasagna Rollup w/ Dinner Roll
-  Sunbutter & Jelly Sandwich
- BBQ Baked Beans
- Mandarin Oranges
- Nonfat or 1% White Milk


Wednesday | 10

- Jamaican Jerk Chicken Bowl w/ Brown Rice
-  Veggie Fried Rice w/ Baked tofu
- Chicken Salad Sandwich
-  Seasoned Green Beans
- Fresh Apple
- Nonfat or 1% White Milk

Thursday | 11

NO SCHOOL

Friday | 12

- Turkey Sausage Pizza
- Italian Sub Sandwich
-  Classic Cheese Pizza
- Seasoned Carrot Coins
- All-Mixed-Up Fruit Cup
- Nonfat or 1% White Milk



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday

Meal 11/23

International food day 11/9

Chickpea and Potato Curry

Open Meal Sites

Ballou High School
Columbia Heights
Education Campus

This menu is subject to change based upon availability

This Institution is an Equal Opportunity Provider

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MIDDLE SCHOOL

LUNCH MENU



ENTREES

SIDES

Monday | 15

- Chicken Quesadilla w/ Salsa
- Cheese Quesadilla w/ Salsa
- Southwest Chicken Sandwich
- Southwest Black Beans
- Diced Pears
- Nonfat or 1% White Milk

Tuesday | 16

- Tortellini and Meat sauce w/ Cheesy Breadstick
- Veggie Tortellini w/ Cheesy Breadstick
- Veggie Tortellini Pasta Salad w/ Cheesy Breadstick
- Parmesan Green Beans
- Fresh Apple Slices
- Nonfat or 1% White Milk

Wednesday | 17

- Mumbo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit
- Chilly Philly Sub Sandwich
- Bean & Cheese Burrito
- Steamed Broccoli
- Fresh Orange
- Nonfat or 1% White Milk

Thursday | 18

- Turkey Meatball Sub Sandwich
- Grilled Cheese Sandwich
- Greek Salad w/ Tortilla Chips
- Sweet Potato Wedges
- Diced Peaches
- Nonfat or 1% White Milk

Friday | 19

- Turkey Ham & Cheese Tacos
- Tuna Salad Sandwich
- Black Bean Tacos
- Steamed Corn
- Fresh Banana
- Nonfat or 1% White Milk

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- Traditional Hamburger w/ Mustard
- Garden Burger w/ Mustard
- Turkey Ham & Cheese Sub Sandwich
- Seasoned Potato Wedges
- Chilled Pineapples Tidbits
- Nonfat or 1% White Milk

Tuesday | 23

- Roasted Turkey Breast w/ Gravy
- Stuffed Shells w/ Marinara Sauce & Breadsticks
- Seasoned Green Beans
- Baked Sweet Potato Wedges
- Pumpkin Spice Bread
- Fresh Oranges
- Nonfat or 1% White Milk

Wednesday | 24 NO SCHOOL

Thursday | 25 NO SCHOOL

Friday | 26 NO SCHOOL



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Monday | 29

- Chicken Quesadilla w/ Salsa
- Cheese Quesadilla w/ Salsa
- Southwest Chicken Sandwich
- Southwest Black Beans
- Diced Pears
- Nonfat or 1% White Milk

Tuesday | 30

- Tortellini and Meat sauce w/ Cheesy Breadstick
- Veggie Tortellini w/ Cheesy Breadstick
- Veggie Tortellini Pasta Salad w/ Cheesy Breadstick
- Parmesan Green Beans
- Fresh Apple Slices
- Nonfat or 1% White Milk

DECEMBER

Wednesday | 1

- Mumbo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit
- Bean & Cheese Burrito
- Chilly Philly Sub Sandwich
- Steamed Broccoli
- Fresh Orange
- Nonfat or 1% White Milk

DECEMBER

Thursday | 2

- Turkey Meatball Sub Sandwich
- Grilled Cheese Sandwich
- Greek Salad w/ Tortilla Chips
- Sweet Potato Wedges
- Diced Peaches
- Nonfat or 1% White Milk

DECEMBER

Friday | 3

- Turkey Ham & Cheese Tacos
- Black Bean Tacos
- Tuna Salad Sandwich
- Steamed Corn
- Fresh Banana
- Nonfat or 1% White Milk

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